

Green Beans Amandine⁵⁰

Number of Servings: 50 (130.2 g per serving)

| Amount | Measure | Ingredient |
|--------|---------|--|
| 6 1/4 | qt | Beans, green, cut, 50% less salt, cnd |
| 3 3/4 | cup | Nuts, almonds, slivered |
| 7 1/2 | Tbs | Margarine, soft, hydrog & reg soybean oil, Gold n Soft |

Nutrients per serving

| Nutrition Facts | | | |
|--|----------------------|---------|---------|
| Serving Size (130g) | | | |
| Servings Per Container | | | |
| Amount Per Serving | | | |
| Calories 80 | Calories from Fat 50 | | |
| % Daily Value* | | | |
| Total Fat 6g | 9% | | |
| Saturated Fat 0.5g | 3% | | |
| Trans Fat 0g | | | |
| Cholesterol 0mg | 0% | | |
| Sodium 210mg | 9% | | |
| Total Carbohydrate 6g | 2% | | |
| Dietary Fiber 2g | 8% | | |
| Sugars 2g | | | |
| Protein 3g | | | |
| Vitamin A 10% | Vitamin C 2% | | |
| Calcium 4% | Iron 6% | | |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | | | |
| | Calories | 2,000 | 2,500 |
| Total Fat | Less Than | 65g | 80g |
| Saturated Fat | Less Than | 20g | 25g |
| Cholesterol | Less Than | 300mg | 300 mg |
| Sodium | Less Than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |
| Calories per gram: | | | |
| Fat 9 • Carbohydrate 4 • Protein 4 | | | |

Notes

* * Remember each gallon green beans is 16 cups of green beans not a #10 can

Frozen Green Beans may be used in this recipe instead of 50% less salt canned Green Beans

If Frozen Green Beans are used, cook in a small amount of water, without added salt, until tender, measure and continue with recipe

Lightly brown almonds in margarine.

Heat green beans to 160 degrees F and drain off all but a small amount of liquid.

With green beans in counter pans, just before service sprinkle with almonds and cover to keep hot.

Serve 4 oz spoodle portion = 1 vegetable.